



# COMPTOIR LIBANAIS

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# Allergen & Calorie Menu

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Adults need around 2000 kcal a day

\* We prepare our food in kitchens where products containing gluten, sesame & nuts as well as other allergens are used. The allergen data detailed in this menu has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this menu is accurate. We cannot guarantee that any product is "100% free from" any allergen due to the risk of possible cross contamination in production, supply & preparation.

**SPRING 2025**

Version 01

## NIBBLES

DOES IT CONTAIN?															SUITABLE FOR			COMMENTS
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan	Kcals	
Lebanese Pickles											*				*	*	29	
Marinated Olives				*											*	*	221	
Roasted Almonds							* almond								*	*	246	

## MEZZE

DOES IT CONTAIN?															SUITABLE FOR			COMMENTS
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan	Kcals	
Mezze Platter		*		*	*				*		*	*	*	* Wheat	*		793pp	
Lentil Soup				*					*			*	*	* Wheat	*	*	386	
Hommos				*					*			*	*	* Wheat	*	*	277	
Baba Ghanuj				*					*			*	*	* Wheat	*	*	283	
Falafel		*		*	*						*			* Wheat	*	*	372	Falafel is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, eggs
Cheese Samboussek		*		*	*									* Wheat	*		476	
Chicken Samboussek		*		*	*									* Wheat			202	
Feta & Pepper Dip		*		*					*			*	*	* Wheat	*		256	
Batata Harra		*		*	*									* Wheat	*	*	528	Batata Harra is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, eggs
Lebanese Wings		*		*							*						456	
Halloumi Steak		*		*			* Pistachio				*				*		565	
Rocket and Bulgar Salad														* Wheat	*		320	
Tabbouleh															*	*	228	
Fattoush														* Wheat	*	*	145	

## SIDE DISHES & SAUCES

DOES IT CONTAIN?															SUITABLE FOR			COMMENTS
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan	Kcals	
Fries & Garlic Dip		*		*	*									* Wheat	*		594	Fries is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, eggs
Warm Olive Oil Bread				*					*			*	*	* Wheat	*	*	241	
Za'atar & Garlic Bread				*					*			*	*	* Wheat	*	*	524	
Quinoa															*	*	266	
Vermicelli Rice														* Wheat	*	*	364	
Couscous														* Wheat	*	*	365	
Garlic Sauce				*											*	*	121	
Tahina Sauce				*											*	*	130	
Harissa Sauce				*											*	*	124	
Mint Yoghurt Sauce		*		*											*		47	

## GRILLS

DOES IT CONTAIN?														SUITABLE FOR			COMMENTS	
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan		Kcals
Mixed Grill		*		*							*			* Wheat			1135	
Lamb Kofta Grill				*							*			* Wheat			761	
Chicken Taouk Grill				*							*			* Wheat			683	
Chicken Shawarma Burger		*		*	*						*			* Wheat			1078	
Lamb Burger (Westfield)		*		*	*						*			* Wheat			545	

## RICE BOWLS

DOES IT CONTAIN?														SUITABLE FOR			COMMENTS	
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan		Kcals
Chicken Shawarma Bowl		*		*							*			* Wheat			974	
Lamb Kofta Bowl		*		*							*			* Wheat			779	
Falafel Bowl		*		*	*						*			* Wheat	*	*	691	Falafel is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs

## SALADS

DOES IT CONTAIN?														SUITABLE FOR			COMMENTS	
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan		Kcals
Mama Zohra		*		*										* Wheat			691	
Falafel		*		*	*						*			* Wheat	*		747	Falafel is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs
Halloumi salad		*		*	*									* Wheat	*		900	halloumi is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs

## HOUSE SPECIALITIES

DOES IT CONTAIN?														SUITABLE FOR			COMMENTS	
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan		Kcals
Roasted Salmon				*		*											827	
Spinach & Feta Borek		*		*	*									* Wheat	*		896	
Halloumi Manousha		*		*										* Wheat	*		645	
Halloumi /Soujok Manousha		*		*							*			* Wheat			768	

## TAGINES

DOES IT CONTAIN?														SUITABLE FOR			COMMENTS	
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan		Kcals
Chicken & Green Olive											*			* Wheat			382	
Lamb Kofta & Butter Bean		*		*										* Wheat			950	
Aubergine														* Wheat	*	*	598	

## OPEN WRAP PLATTERS

DOES IT CONTAIN?															SUITABLE FOR			COMMENTS
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan	Kcals	
Chicken Taouk				*					*		*	*	*	* Wheat			875	
Lamb Kofta				*					*		*	*	*	* Wheat			986	
Falafel		*		*	*				*		*	*	*	* Wheat	*	*	1039	Falafel is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs
Halloumi		*		*					*		*	*	*	* Wheat	*		1326	

## SINGLE WRAPS (takeaway) Westfield only

DOES IT CONTAIN?															SUITABLE FOR			COMMENTS
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan	Kcals	
Chicken Taouk				*							*			* Wheat			550	
Lamb Kofta				*							*			* Wheat			556	
Falafel		*		*	*						*			* Wheat	*	*	738	Falafel is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs
Halloumi		*									*			* Wheat	*		827	

## WRAP PLATTERS (takeaway) Westfield only

DOES IT CONTAIN?															SUITABLE FOR			COMMENTS
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan	Kcals	
Chicken Taouk				*							*			* Wheat			550	
Lamb Kofta				*							*			* Wheat			556	
Falafel		*		*	*						*			* Wheat	*	*	738	Falafel is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs
Halloumi		*		*							*			* Wheat	*		827	

## DESSERTS

DOES IT CONTAIN?															SUITABLE FOR			COMMENTS
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan	Kcals	
Mango Cheesecake		*					* Pistachio							* Wheat			638	
Orange Blossom Mouhalabia		*		*							*				*		490	
Chocolate Brownie		*		*	*		* Pistachio						*	* Wheat	*		769	
Orange & Almond Cake		*			*		* Almond				*			* Wheat	*		699	
Selection of Baklawa		*					*							* Wheat	*		548	Pistachio, Cashew, Walnuts
Baklawa & Rose Mint Tea		*					*							* Wheat	*		528pp	Pistachio, Cashew, Walnuts

### ICE CREAM (40g per scoop)

Dairy Free Vanilla													*		*	*	55	
Pistachio		*			*		* Pistachio								*		43	
Chocolate		*			*								*		*		35	
Rose		*			*										*		36	

## KIDS MENU

Menu Item Name	DOES IT CONTAIN?														SUITABLE FOR			Kcals	COMMENTS
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan			
Cheesy Chicken Flatbread		*		*					*			*	*	* Wheat			341		
Cheesy Tomato Flatbread		*		*					*			*	*	* Wheat	*		518		
Chicken Wrap		*		*	*									* Wheat			375	Fries is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs	
Halloumi Wrap		*		*	*									* Wheat	*		152	Fries is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs	
Chicken Taouk Bites		*		*	*									* Wheat			251	Fries is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs	
Mezze Adventure Platter		*		*	*				*		*	*	*	* Wheat	*		209	Falafel is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs	
Dairy Free Ice Cream												*			*	*	71		

## BREAKFAST

Menu Item Name	DOES IT CONTAIN?														SUITABLE FOR			Kcals	COMMENTS
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan			
<b>FULL BREAKFAST</b>																			
Lebanese Full		*		*	*				*			*	*	* Wheat			763		
Veggie Full		*		*	*				*			*	*	* Wheat	*		678	Falafel is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs	
<b>THE EGGS</b>																			
Shakshuka Egg & Feta		*		*	*				*		*	*	*	* Wheat	*		468		
Scrambled Egg & Feta		*		*	*				*			*	*	* Wheat	*		596		
Smoked Salmon & Scrambled Egg		*		*	*	*			*			*	*	* Wheat			702		
Shakshuka & Beef Soujok		*		*	*				*		*	*	*	* Wheat			595		
<b>FROM THE OVEN</b>																			
Halloumi & Sumac Man'ousha		*		*					*		*	*	*	* Wheat	*		533		
Turkey Bacon Sandwich		*		*					*			*	*	* Wheat			448		
Rose Figs & Halloumi Man'ousha		*		*			*	Pistachio	*		*	*	*	* Wheat	*		630		
Spinach & Feta Borek		*		*	*									* Wheat	*		905		
<b>PASTRIES &amp; CAKE</b>																			
Plain Croissant		*			*									* Wheat	*		288		
Pain au Raisin		*			*						*			* Wheat	*		358		
Chococlate Croissant		*			*							*		* Wheat	*		337		
Soujok & Shakshuka Croissant		*			*									* Wheat			470		
Halloumi & Za'atar Croissant		*		*	*									* Wheat	*		503		
Orange & Almond Cake		*			*			*	Almond					* Wheat	*		500		

# DRINKS

## HOT DRINKS

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR		Kcals	COMMENTS		
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan	
Fresh Rose Mint Tea															*	*	60		
Americano with Cow Milk		*														*		28	
Americano with Soya Milk													*			*	*		
Americano with Almond Milk							*	Almond								*	*		
Americano with Oat Milk														*	Wheat	*	*		
Cappuccino with Cows Milk		*														*		119	
Cappuccino with Soya milk													*			*	*		
Cappuccino with Almond milk							*	Almond								*	*		
Cappuccino with Oat Milk														*	Wheat	*	*		
Latte with Cow Milk		*														*		162	
Latte with Soya Milk													*			*	*		
Latte with Almond Milk							*	Almond								*	*		
Latte with Oat Milk														*	Wheat	*	*		
Flat White with Cow Milk		*														*		84	
Flat White with Soya Milk													*			*	*		
Flat White with Almond Milk							*	Almond								*	*		
Flat White with Oat Milk														*	Wheat	*	*		
Mocha with Cow Milk		*														*		240	
Mocha with Soya Milk													*			*	*		
Mocha with Almond Milk							*	Almond								*	*		
Mocha with Oat Milk														*	Wheat	*	*		
Macchiato Single with Cow Milk		*														*		19	
Macchiato Double with Cow Milk		*														*		31	
Macchiato with Soya Milk													*			*	*		
Mocha with Oat Milk														*	Wheat	*	*		
Macchiato with Almond Milk							*	almond								*	*		
Macchiato with Oat Milk														*	Wheat	*	*		
Espresso Single																*	*	4	
Espresso Double																*	*	7	
Tahina & Date Molasses Latte with Almond Milk				*			*	Almond, Pistachio					*			*	*	146	
Hot Chocolate																			
Hot Chocolate with Cow Milk		*											*			*		272	
Hot Chocolate with Soya Milk													*			*	*		
Hot Chocolate with Almond Milk							*	almond					*			*	*		
Lebanese Hot Chocolate with Cow Milk		*		*			*	Pistachio					*			*		613	
Lebanese Hot Chocolate with Soya Milk				*									*	Pistachio		*	*		
Lebanese Hot Chocolate with Almond Milk				*			*	Almond, Pistachio					*			*	*		

## HOMEMADE LEMONADES / LOADED LEMONADES

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR		Kcals	COMMENTS	
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Roomana															*	*	102	
Roza															*	*	120	
Toufaha															*	*	118	
Leymona															*	*	95	
Strawberry											*				*	*		
Peach											*				*	*		

## ALCOHOLIC & NON ALCOHOLIC DRINKS

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR		Kcals	COMMENTS	
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
<b>COCKTAILS</b>																		
Bubbles & Nibbles				*							*				*	*		
Aperol Spritz											*				*	*		
Yalla Baby Yalla											*				*	*		
Passion Fruit Martini											*				*	*		
Habbi on the Beach											*				*	*		
<b>LIMITED EDITION</b>																		
Karfa Sangri Red & White											*				*	*		
<b>MOCKTAILS</b>																		
Strawberry and coconut cooler											*				*	*		
Peach and coconut Cooler											*				*	*		
Pomegranate & Hibiscus Elixir															*			
<b>WHITE WINE</b>																		
Clos St Alphonse Blanc											*				*	*		
Borsari Inzolia											*				*	*		
Borsari Trebbiano											*				*	*		
Sea Point Sauvignon Blanc											*				*	*		
Picpoul De Pinet											*				*	*		
Chateau Ksara Chardonnay											*				*	*		
<b>RED WINE</b>																		
Clos St Alphonse Brouge											*				*	*		
Tempranillo											*				*	*		
Alamos City Malbec											*				*	*		
Rare Vineyards Pinot Noir											*				*	*		
Chateau Ksara Cabernet Sauvignon											*				*	*		
Chateau Musar Hochar											*				*	*		
<b>ROSE WINE</b>																		
Chateau Ksara Sunset Rose											*				*	*		
Antonio Rubini Pinot Grigio Rose											*				*	*		

# ALCOHOLIC & NON ALCOHOLIC DRINKS Continued

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR			COMMENTS
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan	
<b>SPARKLING WINE</b>																	
Prosecco											*				*	*	
Champagne - Moet											*				*	*	
Bottega - 0%											*				*	*	
<b>BEER &amp; CIDER</b>																	
Menabrea Blonde														*	*	*	
Menabrea Amber														*	*	*	
Menabrea Zero														*	*	*	
Camden Pale Ale														*	*	*	
Beirut Beer														*	*	*	
Aspall Cider											*				*	*	
<b>AFTER DINNER DRINK</b>																	
Arak											*				*	*	